



Swedish Apple Pie

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

PORTIONS: 8
PREPARATION: 30 MINUTES
COOKING: 50 MINUTES

INGREDIENTS

Crust:

- 100 g (1 cup) walnuts
- 100 g (1 cup) pecans
- 20 g (1/4 cup) quinoa flakes
- 2.5 ml (1/2 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 80 g (1/4 cup) maple syrup
- 30 ml (2 tbsp) light olive oil
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) salt

Filling:

- 125 g (1/2 cup) canned coconut milk
- 2 large eggs, beaten (110 g)
- 45 ml (3 tbsp) maple syrup
- 7.5 ml (1 1/2 tsps) vanilla extract
- 525 g (4 1/2 cups) apples*, peeled and thinly sliced
- 105 (3/4 cup) all-purpose flour "La Merveilleuse"
- 7.5 ml (1 1/2 tsps) baking powder
- 0.5 ml (1/8 tsp) salt
- 75 ml (5 tbsp) cane sugar
- 3.5 ml (3/4 tsp) ground cinnamon

PREPARATION

Crust:

1. Preheat the oven to 350° F (180° C). Oil a 9-inch (23 cm) deep pie plate.
2. Grind nuts and pecans in a food processor (more or less fine, depending on taste).
3. In a bowl, combine all the ingredients for the crust. Press the mixture firmly at the bottom and sides of the pan. Bake on the centre rack of the oven for 5 minutes. Remove from oven and set aside.

Filling:

1. In a large bowl, whisk together coconut milk, eggs, maple syrup and vanilla extract.



You'll enjoy this tasty, simple and one-of-a-kind pie!

TIP

Towards the end of cooking, if the sugar is not completely melted, simply lightly spray with water and then return to the oven. Also, to help toast the top of the pie when cooked, set the oven to grilling mode (broil) for a few minutes. Watch carefully to avoid burning the pie.

VARIATION

* You can replace apples with pears for a smooth alternative!

NUTRITION FACTS

Per portion 220 Calories

Fat: 10 g	15 %
Saturated 3 g	
Trans 0 g	16 %
Polyunsaturated: 1,5 g	
Omega-6: 0,7 g	
Omega-3: 0,5 g	
Monounsaturated: 5 g	
Cholesterol: 5 mg	
Sodium: 35 mg	1 %
Carbohydrate: 32 g	11 %
Fibres: 2 g	8 %
Sugars: 11 g	
Protéines: 3 g	
Vitamin A	2 %
Vitamin C	4 %
Calcium	2 %
Iron	6 %
Magnesium	10 %

- 2. Add the sliced apples and mix well.
- 3. In a small bowl, combine flour, baking powder and salt. Add to apple mixture and stir with a wooden spoon.
- 4. Pour the mixture into the pie plate.
- 5. Mix together the sugar and cinnamon and sprinkle the top of the pie.
- 6. Bake on the centre rack of the oven for 40 to 45 minutes or until golden brown.

Manganese	40 %
Phosphorus	8 %